

Mushroom

(Continued from Page 43)

for 10 to 20 years and limited to approximately \$350,000 per customer.

Scott noted that "mushrooms are Pennsylvania's largest cash crop and that the mushroom industry is vitally important to the economy of the Commonwealth." He urged the White House to announce its decision "as soon as possible so that the processors and growers can make the necessary financial arrangements to continue operations."

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Removing Scorch Marks

When you accidentally scorch a fabric while ironing, wash the garment as soon as possible with an all-purpose soap or detergent and a chlorine bleach - if the item can be bleached. For heavier scorching, Mrs. Ruth Ann Wilson, Extension clothing and textiles specialist at The Pennsylvania State University, recommends covering the stain with a cloth dampened with hydrogen peroxide for several hours. Then rinse the fabric well. The treatment may need to be repeated for severe cases. Keep in mind that some scorch marks cannot be removed if the yarns of the fabric have been damaged.



Doctor in the Kitchen®

by Laurence M. Hureh, M.D.
Consultant, National Dairy Council

Are We Killing Ourselves Love each other!

As a doctor, it's probably the best suggestion I can offer in today's world. For we may be literally killing ourselves. Through aggressiveness. Through fear. At both the levels of nations and of individuals.

Stress in our lives can be either constructive or destructive. If we push ourselves to achieve, fairly and with our own talent - not at the expense of the other guy - I think the kind of stress is healthy. If we are reacting solely to fear, and doing this chronically, then I think such stress is destructive.

Why do I qualify the foregoing with the word "chronically?" Let me explain:

"Sticky Platelets"

At Massachusetts Institute of Technology, nutrition researcher Dr. Robert Lees has advanced a hypothesis regarding "sticky platelets." It is his belief that "sticky platelets" in the blood may promote heart disease. That blood platelets have become "sticky"

means they are more ready to clot. It is often a clot in the coronary artery which is the cause of a heart attack. "Sticky platelets" in the blood are part of the body's response to threat.

When we are aroused by fear or pressure, our adrenal glands produce more epinephrine (or adrenalin) and this increases the ability of our blood to clot. In primitive man this was part of the body's preparation for survival. If wounded, the warrior's blood would clot faster and he would hopefully survive an injury that otherwise might have caused him to bleed to death.

This is a simple point for us to understand. And today, fear or any kind of stress has the same effect. The trouble is, the warrior reacted to stress both through body preparation and physical action. Presumably he weathered the ordeal, as does today's athlete, for example, because the stress does not go on and on, perhaps unreacted-to.

But many of our people are

subject to daily stress which charges them up and then they cannot ease their feelings through action. And if this is chronic, they may well be laying the way for blood clotting that could lead to a heart attack.

So, don't scare yourself to death with pressures. Adopt the question suggested by some heart researchers "Will it be important five years from now?"

Cultural Threats

Society ought to be doing something about all the competitiveness, the aggressiveness, the threats that our culture forces on individuals to the point of destructiveness.

Living in greater harmony does not mean no tension at all, or no contrary forces. Music and the other arts would be weak, a bore, without such elements. But in writing music, for example, there is a rule - that dissonance must be resolved, if not immediately, at least predictably. With this assurance, music is exciting and enjoyable.

In society, if people would commit themselves to resolve their problems, rather than trying to overwhelm the other guy, there would be far fewer problems, probably better health, perhaps real peace

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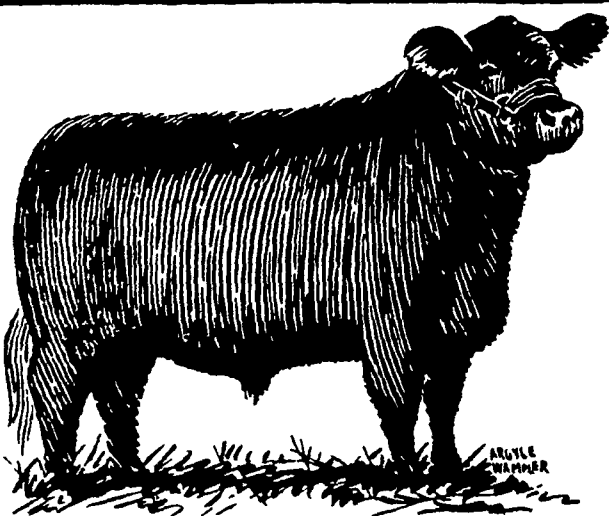
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